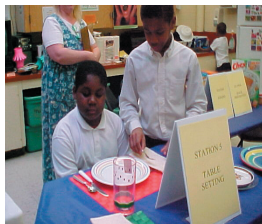


4-H Food \$ense

Food \$ense is a Food Stamp Nutrition Education Program that provides \$1.00 of federal funding for every \$1.00 of community match. This year's community partnerships resulted in an estimated \$200,000 contract. The one-year contract runs from October 1, 2003-September 30, 2004, with opportunity for annual renewal.



COMMUNITY PARTNERS:

- WSU King County Extension
 - 4-H and Family Living/Food \$ense Programs
- Seattle Parks and Recreation:
 - Jefferson Community Center
 - Rainier Community Center
 - Rainier Beach Community Center
 - Van Asselt Community Center

GOALS:

- Learn about food and nutrition in a fun and interactive way.
- Develop skills in cooking, food safety and great tasting food choices for a long and healthy life.
- Explore career and educational opportunities in the field of food and nutrition.
- Build confidence and self-reliance by demonstrating their skills at 4-H events.

Washington State University (WSU) Food \$ense teaches youth and adults with limited incomes to develop skills and behaviors to eat healthfully.

4-H Food \$ense partners support youth, with limited resources, and their families in reaching their fullest potential by providing food and nutrition curricula and opportunities that promote health and wellness.

IMPACTS

- Participants have gained knowledge about food, nutrition and health in a fun and interactive way.
- Participants have expanded their awareness about educational and career opportunities in the field of food and nutrition.
- Participants have developed skills in cooking, food safety, and food choices for a long and healthy life.

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SUCCESS STORIES

- "I showed my mom how to make the fruit dip. It only takes two things." (Female youth from Van Asselt Community Center.)
- "The trail mix was the best! You get to shake it up and my auntie has all the stuff at home, so I know I can make it." (Female youth from Rainier Community Center.)
- "I can't believe there are so many germs on my hands! I'm gonna wash my hands one hundred times a day now! (Male youth from Rainier Beach Community Center.)



June 2004

